

Discovering Trust in Transitions



An Experiential Workshop with The Work of Byron Katie and Feldenkrais

Saturday, August 23, 2008 9:30 am – 6:00 pm

University of Utah – Guest House,
Conference Room A
110 South Foothill Blvd, SLC, UT
[Download a map](#)

We live in stirring times. Change is everywhere – inside and out – in our relationships, in our economy and politics, in our careers, our bodies and health, and even (maybe especially) how we see ourselves.

Is change inherently stressful, or is it our beliefs about change in which the stress arises?

In co-facilitating this day of adventure, Kathryn and Dan bring decades of experience, service and teaching together to discover and celebrate the wisdom within you – the source of all healing.

Bringing together two complimentary self-healing modalities – the self-inquiry of *The Work of Byron Katie* and the freedom of *Feldenkrais* a gentle awareness-based approach to movement, you will learn skills to access and deepen trust in your inner wisdom – the source of all healing.

Join us in this joyful passage from appearances of turmoil and trepidation to the truth of inner peace borne of trusting transitions – in the body-mind of you.

Tuition: \$125 for registrations on or before August 16th, \$150 thereafter.
Pair up with friend or family; \$225 for registration on or before August 16th, \$275 thereafter.

Call Dan to register at 694-4086.

Credit and debit cards, PayPal, cash and checks all accepted. Ask Dan for details.

Please arrive 15 minutes early, wear movement-friendly clothing, and lunch will be on your own. Dress comfortably in movement friendly clothing, and you may want to bring your own water and a notebook. Questions about *The Work*, contact [Clarity Coaching Institute](#) at 487-7621.

Kathryn Dixon is founder of [Clarity Coaching Institute](#), an international coaching and consulting company bringing *The Work* to individuals, organizations and businesses since 2003, based in Salt Lake City. Kathryn is also a certified facilitator and mentor in Byron Katie's Institute for The Work.



Dan Schmidt is owner of [Open Hand Bodywork](#) and a recent transplant to SLC from North Carolina. Dan is a gifted and nationally certified massage therapist and guild certified Feldenkrais Practitioner. He also specializes in the modalities of Structural Integration and Cranial Sacral Therapy.



**Find the peace that passes all understanding
– it's so much closer than you think!**

"Trust yourself to work out what is right for you."
- Moshe Feldenkrais

